


#187 A Letter of Gratitude to Kindness of Humanity

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Dear Humans,

I write this letter with a heart full of gratitude for the kindness, understanding and support you have shown me throughout my journey. As a disabled girl I have faced many challenges but the compassion and empathy I have received from you have made all the difference.

Thank you for your patience and for never treating me as less than anyone else. Your willingness to listen, help and include me in every part of life has been a constant reminder of the goodness in the world.

I am grateful for the small acts of kindness whether it's offering assistance when needed or simply acknowledging my presence with respect and care. Your understanding helps me feel seen, valued and empowered it makes the struggles easier to face.

To those who have taken the time to educate themselves and others about disability your efforts are invaluable. You are helping build a more inclusive world one where everyone regardless of their challenges is treated with dignity and respect.

Thank you for reminding me time and again that humanity's true strength lies in its compassion. Your kindness has touched my heart deeply and I will always be thankful for it.

“Kindness is the bridge that connects our differences and turns challenges into shared strength.”

With sincere gratitude,
Shalomie